



NEWS



The Last All Clear

ON some grey morning after hideous night,
There'll be an end of terror and listening fear,
When shelters and the watchers on the height
Will catch the note of the siren, steady and swelling,
The single, strident call of the last all clear,
Over the empty street and the darkened dwelling.

Then sleepers will start upright at the sound,
The black clothes suddenly from the windows torn,
And none that day will tread the common ground.
We'll walk on air, and know transfiguration,
And see familiar things like souls new born
Upon the earliest morning of creation.

There'll be such high commotion in that dim
Day-break, such cockcrow clamour at sunrise,
Trumpets of everlasting cherubim,
Skylarks and clarions at the gates of heaven,
That everyone will hear without surprise
When news of peace is broadcast at eleven.

One crystal morning, after months or years,
Startling the cloudy darkness it will come
With singing stars, with music of the spheres,
With lost bells clashing from the scarecrow towers
That age, that moment of millennium,
Let come what may, will certainly be ours.

—From *London Watches* by Sagittarius.



THE NEWS

Published quarterly by the Alumnae Association of the St. Michael's Hospital School of Nursing.

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AS this issue of The News goes to press, I wish to express on behalf of the editorial staff and myself, our appreciation to the Sisters, doctors, nurses, advertisers, and all who have so willingly given us their assistance and co-operation in the publication of this paper during the past three years. Without this help we could not have had a paper. I would also like to thank our readers for their many kind letters of encouragement and appreciation.

It has been an honour to be your editor, and it is not without regret that I turn over the editorship to someone else. Before a paper is issued, when there are many hours spent in gathering material, writing, tearing up and rewriting, trying to cut down articles to fit into a certain space, etc., I would gladly hand it to anyone who would take it; but when the paper is off the press and delivered and I receive your kind words of praise, there is a feeling of pride and satisfaction which I am going to miss, and I do not think I would be human if I did not.

This little paper of ours is really quite important, travelling across Canada, Newfoundland, the United States, England, Africa, South America and the British West Indies. In addition to our regular readers, it often falls into the hands of people not connected with the hospital and hence is a medium to portray to the public the high standards and ideals of our hospital and its training school.

May I again remind you that the main purpose of The News is to keep the graduate nurses

at home and abroad in contact with each other. This can only be done if each nurse will assume her share of the responsibility to gather news items and forward to the Editor

Hearty congratulations and sincere good wishes to the new editors and The News.
M.K.C.

Dr. J. Sullivan Appointed

Dr. Joseph Sullivan has been appointed to the medical branch of the Royal Canadian Air Force as consultant on otolaryngology with the rank of honorary wing commander.

He is internationally known for his discovery of an advanced technique in grafting facial nerves, and will do research work on special medical problems of ear, nose and throat peculiar to present-day aviation. This field includes loss of hearing of high tones affecting some airmen, effect of high altitudes on sinus conditions, and the role which the delicate balance mechanism of the ear plays in air sickness.

Our congratulations and very best wishes to Dr. Joe Sullivan.

MEMORIAL SERVICE

ABOUT 1,200 nurses attended the annual memorial service on May 2nd, under the auspices of the Canadian Nurses' Association in commemoration of nurses who gave their lives in this war and the last.

About 500 nurses went to St Michael's Cathedral, where Rt. Rev. Monsignor E. M. Brennan spoke on "Nurses and Their Service in Nursing and in Life." At Bloor United Church about 700 nurses heard Dr. George C. Pidgeon speak on "The Ministries of Nursing." Special musical supplemented the usual service in honour of the nurses. Both groups included overseas and military nurses, student nurses and many general duty and private duty graduates.

Returning to private duty nursing in Toronto are: Claire O'Hagan from Detroit, and Nora Adam '40 from Providence Hospital, Detroit, Mich.

Recent appointments to the hospital staff include: Isabella Forgeson '43 in Cystoscopic . . . Margaret MacDonald on 4C . . . Jean MacDonald '43 on 3D . . . Josephine Kelly '40 in Admitting. . . . Dorothy Shamess '43 and Ruth Doyle '42 on 6B . . . Agnes Forsythe on 3C . . . Margaret Jackman '43 on 5A . . . Eileen Decker '42 in Emergency . . . Peggy Heather '43 on 2A . . . Catherine Damon '43 on 3B . . . Merrill Tait '42, Pat Kelly '43, and Veronica Hoffman '43 on Obs.

ALUMNAE

THE Annual Meeting of the Alumnae was held in the Nurses' Residence on March 30, 1943, Miss Doreen Murphy presiding. Reports were read by the Treasurer, Secretary and conveners of committees. Election of officers took place as follows:

- Executive for 1943.**
- Hon. President.....Rev. Sister Mary of the Nativity
Hon. Vice-President.....Rev. Sister Mary Kathleen
President Doreen Murphy
1st Vice-President Kay Boyle
2nd Vice-President Muriel MacRae
3rd Vice-President Josephine DeWitt
Treasurer Kathleen Meagher
Assistant Treasurer Ruth Brownell
Recording Secretary Isabel Goodine
Corresponding Secretary.....Mrs. H. Martin
Councillors.....Mary Hughes, Ethel Crocker,
Helen O'Connor.
- Magazine Editors..Mrs. Margaret Benny, Kay Boyle
- Representatives.**
- Public Health Maude Tisdale
Nurse Education Grace Murphy
Press Bernadette McLaughlin
Active Membership Clara Bast
Associate Membership Mrs. Ray Forrester
Local Council of Women..... Mrs. Scully
Central Registry Mary Brown, Margaret Cullen,
Catherine Hammall.

- A review of the year's activities showed the following:
- (1) Graduation class entertained at a dance at the King Edward Hotel.
 - (2) Dance held at Columbus Hall in the autumn in aid of the Scholarship Fund.
 - (3) Silver Tea held at the hospital in aid of the Scholarship Fund.
 - (4) Dressings and knitted articles made for the Red Cross.
 - (5) Diminishing bridges started by individual members to aid Scholarship Fund.

Financial.

Balance in General Fund	\$1,777.54
Balance in Scholarship Fund	595.00
Dom. of Can. War Loan Bond	1,000.00

- Donations and Gifts.**
- A scholarship of \$300 given to a student nurse for one year's post-graduate course.
- A scholarship of \$300 given to a graduate nurse for one year's post-graduate work.
- A new lighting system to be installed in the library of the Nurses' Residence.
- Donation to the Federation of Catholic Charities, \$25.00.
- Boxes sent to members of the Alumnae serving with the armed forces overseas.
- Sterling silver locket presented to members of the Alumnae serving with the armed Forces.

- New Business.**
- Resolved that a donation of \$25.00 be sent to the Registered Nurses' Association this year, as, owing to the convention being held in Toronto, there would not be any expenses for delegates.
- Resolved that a Contingency Fund amounting to \$25.00 be established.
- Resolved that the graduating class be entertained at a dance to be convened by Miss Muriel MacRae.

In Quest of Blood

TO those who ask 'how great is the need?' the battle of El Alemein is their answer. In one week's fighting 8,000 transfusions were given to the wounded. As five donations of blood make only one transfusion, 40,000 donations are necessary to supply a battle such as El Alemein, and with Canada's present weekly average it would take nearly two months to collect that amount.

Every Monday morning, rain or shine, three Mobile Clinics leave Toronto to seek out every available drop of blood in Ontario. North and East and West they go, returning to the city on Friday night.

A Mobile Clinic is manned by a Toronto Red Cross Transport Driver and a graduate nurse-technician; with them goes all the equipment necessary to run an eight-bed blood donor clinic.

The Northern route takes them as far as Owen Sound and from there they work south, stopping a day in Collingwood, another in Midland and then on to Barrie or Orillia. The clinics are usually held in churches, "set up" the night before by the nurse-technician and the Transport Driver, who, incidentally, is qualified in advanced first aid. Local doctors check on donors' health and take the blood—Red Cross volunteers, also from the neighbourhood, prepare and serve tea and coffee, and it is the duty of the Transport Driver to pack and label the bottles of blood in preparation for shipment to Toronto

Clinics open at 8.30 a.m. and carry on until 1 p.m., and the number of donors is reaching an average of 90 per clinic day.

In spite of the severe winter with many weeks of almost impassible roads, the Transport girls never missed a stop and on two occasions their's was the only vehicle to get through the snow-bound roads.

Undergraduate Activities

THE Inter-school Undergraduate Association held a very successful dance at Casa Loma on February 3rd. Miss Barbara Howorth was the convener and over 1,200 guests attended.

Barbara Howorth and Marie Kraft were the official student representatives from St. Michael's Hospital at the annual convention of the R.N.A.O.

Under the direction of Sister de Sales, a discussion and demonstration on burns was presented in the form of a radio broadcast from St. Michael's Hospital at the R.N.A.O. convention at the Royal York Hotel. Those taking part were Eunice Darroch, Lillian Hodges, Marie Kraft, and Kathleen Firth.

Over one hundred student nurses attended the second annual memorial service held at St. Michael's Cathedral on May 2nd and sponsored by the Canadian Nurses' Association. Copies of the Nurses Act of Consecration to our Blessed Mother were provided and the nurses recited it in unison.

The following letters were received by the student nurses from the nurses overseas:

"Thank you all for your Christmas greetings. The parcel you mentioned has not arrived yet but parcels are always four to eight weeks longer than letters.

It was a strange Christmas for me this year with no snow or cold but the fundamental thought was here the same as at home. The day was warm and clear and all the Sisters and V.A.D.s. devoted the whole day to the troops, making it as pleasant as possible for them. Our hospital has 3,000 beds and all patients are from the United Kingdom. I don't think there is a finer class of boys anywhere than the British Tommies.

I spent my first leave in Capetown, where I saw Mary Betts of the Class of '37. She seems very happy too at her hospital about fourteen miles from Capetown. Please give my best regards to all the Sisters, and thank you again."

LILLIAN MITCHELL,
South Africa.

"Please convey my sincere thanks to the student nurses for the lovely parcel I received at Christmas.

I have been transferred to Alton Convalescent Hospital from the 15th General, which at the time seemed very bad news but now things seem to look brighter. Our residence is a lovely old place with large grounds and a little river running through them, which should be ideal in the summer. There is also a large library filled with plenty of books. Thank you all again."

KAY MCGOWAN,
Alton Convalescent Hospital.

"This is indeed a belated letter but January was in unfortunate month for me. I went on leave, developed flu, had to overstay my time and then was admitted to hospital for a few days followed by a week in a convalescent home. Since then it has been difficult to settle down to 'thank you' notes with Christmas so far in the background. I really did appreciate and enjoy your parcel and thank you all for your kindness.

We are in rather an isolated spot here, the nearest town with a store being about four miles away. Since petrol has been so strictly rationed, we have had to depend more on making our own fun within the unit. We have a Current Events lecture every Monday evening. Our officers come over and we have coffee and sandwiches afterwards. Tuesday and Friday we have a movie in the Mess. They are sometimes a bit old but we are used to that now. Saturday is the one night we manage to get out to the odd dance in this area. Sunday is 'open house.'



We have visitors for afternoon tea, which has become almost a rite with us as with the English. We may have friends to supper too. Other nights our never-ending washing and mending occupies our time, so you see we have a very full week. Lisle stockings have become the usual thing now, and we used to feel sorry for the girls in the English forces who had to wear them.

Do you still have 'snacks' in the evening out of parcels from home? We did in training and have gone back to it over here. There is always a pot of coffee on and we make use of our boxes from home. As a result I keep gaining weight much to my sorrow. Last week we had a visit from the Princess Royal. She made a complete tour of the hospital and spoke to nearly all the patients, afterwards came to tea in the Mess. Thank you all again."

MARG HUNT,
15th General Hospital.



"I want you to know how grateful I am for the grand addition you made to my Christmas away from home.

Christmas was quite merry. We had a tree and Santa presented gifts to each one. Our lounge room in the Mess is very large with an open brick fireplace at one end. It was attractively decorated with holly, which grows in abundance here almost everywhere. New Year's eve we held a dance, and brought the new year in with the aid of noisemakers made by one of the girls out of crepe paper and bells. We had a large net on the ceiling and at midnight the strings were pulled and down came everything. It was grand fun.

Our trip across was really wonderful. We were very good sailors, not missing a single meal and beating a path around the deck several times a day. Deck quoits was a favourite game, but I must say

the rolling of the ship (or something) interfered with my aim. The hospital where I am stationed is very large with long corridors. The wards are bright and well-equipped, as are the operating rooms. I have been working in a minor surgical ward with thirty-seven beds.

I believe that some of you whom I remember will be graduating this year. It seems such a short time since I was on 2D with you. I hope that you are all enjoying your training, and my very best wishes to each and everyone."

MARJORIE McQUARRIE,
15th General Hospital.

THE AUXILIARY

IN place of their annual dance, the Women's Auxiliary ran a raffle this year under the direction of Mrs. William Wagner, Convener of the Ways and Means Committee. The raffle consisted of two passes for 1943 to one of the Famous Players theatres which the winner might choose. It was donated by Mr. J. J. Fitzgibbon of Famous Players. The proceeds, amounting to over \$400, were used to defray their current expenses and also to defray the expense incurred in connection with the furnishing of the rotunda and auditorium, amounting to \$2,000, which was their gift to the hospital when the new wing was opened.

* * *

At the meeting of the Auxiliary in March, an interesting play was presented, entitled "The Mixing Bowl," by members of the Women's Division, League of Nations, Ontario Branch. The trend of the play was the mixing of a recipe for world reconstruction after the war which would provide a lasting peace.

IN MEMORIAM

CAPT. J. W. A. GREIG.

A CABLE was received telling of the death of Captain J. William A. Greig in England. No further particulars have been received.

Captain Greig graduated in medicine from the University of Toronto in 1931, and interned at St. Michael's Hospital in 1931-32. After practice at Timmins and post-graduate work in England, he practised at Bridgewater, N.S., until the outbreak of war, when he enlisted and went overseas in October, 1942.

We extend our sincere sympathy to Mrs. Greig and their young son and daughter.

We Extend Our Sympathy to ---

Sister Norine on the sudden death of her sister.

Mrs. A. G. O'Connell (Angela Robins '29) and Mrs. L. B. Bowles (Marie Robins '24) on the death of their father.

Brigid Rashotte '40 on the death of her father.

Mary Patricia Murphy '36 on the death of her mother.

Dr. E. A. Broughton on the death of his wife.

Margaret Burke on the death of her father.

Margaret Fairless '44 on the death of her father.



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On Active Service

N.S. Lorraine Larsen has arrived safely overseas and is attached to No. 10 Canadian General Hospital somewhere in England.

Muriel Foley '42 has been appointed to the R.C.A.M.C. and is at present stationed in Nova Scotia.

Mary Betts '37 is stationed near Capetown, South Africa, with the South African Medical Service.

N.S. Alice Potter has been appointed to the R.C.A.M.C. and is attached to Rideau Military Hospital, Ottawa, Ont.

Lieut. Emelda Dickson Guiner '36 is now 'somewhere in Afrisa' with the American Army Nursing Corps.

N.S. Ann MacMillan '41 has been added to the strength of the Royal Canadian Navy and is stationed at Halifax, N.S.



CONGRATULATIONS to Nursing Sisters Audrey Metzler '37 and Margaret Dalglish '39, who have been appointed to the nursing staff of the Canadian Army's first hospital ship, the "No. 46."

This ship was formerly the Canadian National Steamship luxury liner Lady Nelson, which was torpedoed at her dock in the B.W.I. early in 1942. She was salvaged and months of reconstruction have made her a practically new ship, in line with the expressed wishes of top ranking military men to put in service a fully equipped sea-going hospital that would be the best obtainable. There is accommodation for more than 500 patients, and all Canadians of any service in the army, navy, and air force will have first call on this ship which can be fully outfitted here with stores for a return trip across the Atlantic.

Each of the twelve wards has an electric refrigerator and a small sterilizer. There are five complete diet kitchens to which food will be sent by dumb waiters from the main galley. The up-patients will be fed in the main salon, which will seat 150. The ship—a Chorley Park military hospital afloat—has equipment to handle everything from minor to critically major cases. The operating room is completely equipped and there is a modern sterilizing room, dispensary and a portable X-ray unit.

A volunteer company of the Royal Canadian Army Medical Corps, its members representative of Canada's nine provinces, serves on the "No. 46," under Lieut.-Col. A. H. Taylor. He has nine medical officers, fourteen nursing sisters, and sixty other ranks under him.



At the Private Patients' Pavilion, Toronto General Hospital, on March 30, 1943, to Major and Mrs. Clifford Watson (Betty Dunn '38), a son, "John."

At Rochester, New York, on January 18, 1943, "Marcia Bernadette" arrived to Mr. and Mrs. M. Maier (Bernadette Jones '36).

At St. Michael's Hospital on May 8, 1943, to Mr. and Mrs. Hugh McMullen (Rita Moore '32), a son.

To Pilot Officer and Mrs. Watson Hall (Anne Malloy '36), at Owen Sound, in March, 1943, a son, "Richard."

On March 23, 1943, a son arrived to P.O. and Mrs. Lloyd Rowat (Leone Noecker '38), at St. Michael's Hospital.

To Mr. and Mrs. John A. Butcher (Helen Cowan '34), at St. Michael's Hospital, on May 1, 1943, a son.

At St. Michael's Hospital on April 29, 1943, to Dr. and Mrs. L. A. Stubensey, a son.

At the Vancouver General Hospital on March 1, 1943, a daughter, "Jane," arrived to Flight-Lieut. and Mrs. R. J. Cowan.

To Dr. and Mrs. A. Contway, at St. Michael's Hospital on April 9, 1943, a daughter.

In Huntington, Virginia, to Mr. and Mrs. Harry F. Rudolph (Dot Carter '32), a daughter.

The Class of September, 1942, held a reunion at the Royal York Hotel supper dance on April 28th. The conveners were Margaret Luckett and Kay Watson. Dr. Frank O'Leary was the guest of honour. The class was well represented, but unfortunately there were some members from out of town who were unable to attend.

Mrs. Gerrard Drapeau (Louise Boisjoli '40) has been made head of the V.A.D.'s, St. John Ambulance Corps, in Quebec City.

Mrs. O'Leary (Helen Veidenheimer '28) is assisting at the Blood Donor Clinic in Stratford, Ont.

Post-Graduate and Special Courses Given at St. Michael's Hospital

AS the nursing profession seems to be rapidly approaching an era where it too is developing its specialists, we thought it might be of interest to our readers to hear about the post-graduate and other courses being conducted at St. Michael's. Accordingly, your News did a little scouting and received the following information:

COURSE FOR GRADUATE NURSES IN OPERATING ROOM TECHNIQUE AND MANAGEMENT.

This course is offered to graduate registered nurses of accredited schools, and covers a period of four months. A fee of \$50.00 is charged and applicant must fill in a form and send a letter of recommendation from the Superintendent of the hospital from which she graduated.

The School of Nursing provides each student with room, board, and laundry. Each student provides her own graduate uniform, but wears the cap worn by the student nurses in the operating room. A limited number of days' care for acute illness will be given either in the Nurses' Residence or Hospital. Chronic or prolonged acute illness cannot be cared for at the expense of the School. Time lost must be made up at the end of the course.

Diplomas are awarded to students who have satisfactorily met all requirements. The post graduate pin may be obtained from the Superintendent of Nurses.

An outline of the Course consists of:

- Eye, Ear, Nose and Throat 4 weeks
 - Major and Minor Operating Rooms 12 weeks
 - Practical experience is given in the Sterilizing Room, in the preparation of Intravenous Solution, in assisting at the operating table as suture or instrument nurse, as circulating nurse, and night service (2 weeks).
 - Demonstrations by Supervisors (approximately) 48 hours
 - Lectures 15 hours
 - Lectures in Principles and Technique of Teaching, Supervision and Administration... 32 hours
- Students may attend any lectures on the school curriculum in which they are especially interested.

THE MEDICAL RECORD LIBRARIAN COURSE.

This is one of the most interesting careers in the hospital and medical field—an opportunity to serve doctor, nurse, lawyer and patient. It is at the present time an uncrowded field, and demand far exceeding the supply, and St. Michael's is the only hospital in Canada where the course may be taken.

The Canadian Association of Medical Record Librarians was formed to elevate the standard

of clinical records in hospitals and other medical institutions, to serve as a means of inter-communication among record librarians, and to encourage the training of librarians so that they may render intelligent service.

Entrance requirements are: honour matriculation or diploma of graduation from an approved school of nursing, proficiency in shorthand and typewriting. St. Michael's provides a twelve-month course of theoretical and practical instruction with actual participation in the hospital medical library routine—lectures in anatomy, physiology, bacteriology and medical terminology—medical and surgical terminology and to teach the fundamentals necessary for complete surgical reports on various types of operations.

The school maintains standards of the highest efficiency and keeps its curriculum of studies in line with the requirements of the Registration Board. Following examination, each successful candidate receives a certificate of registration signifying that she is a "Registered Record Librarian."

LABORATORY COURSE.

This course is for one year in Laboratory Technology. Following examination, each successful candidate is given the certificate of the Canadian Society of Laboratory Technologists.

Requirements include matriculation, there is no fee, and candidates must provide their own maintenance.

An outline of the course is as follows:

- Bacteriology 5 months
- Biochemistry 3 months
- Pathology 3 months
- Serology-Urinalysis 6 weeks

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NEWS FROM OVERSEAS



The following letters were received by Miss Ruby Price:

'SOMEWHERE IN ENGLAND.'

"Please convey to the members of the Alumnae my sincere thanks for the lovely parcel which I received December 24th. You have no idea how good it made me feel to be remembered by the girls.

"I like England very much, and find the neurology and psychology at No. 1 Neuro very interesting. Thank you all again."

MARIE PILON,
No. 1 Neurological Hospital.

"I received the parcel from the Alumnae to-night as I came on duty (Dec. 22nd). It is a very fine way to start the night, knowing you are remembered back home. I want to say thank you to the members of the Alumnae and also to you, Ruby, for the obvious care with which you chose the items. Good bath powder isn't to be had, and you saved my life with the comb, for I have only one and it isn't in very good shape, I'm afraid. How I loved the icing on that cake, and the milk chocolate, too, is greeted with rousing cheers.

"I am enjoying the life here and wouldn't have missed this experience for anything, and I am sure all the other girls feel the same way. There is plenty of work but leaves are frequent. I have been to Scotland twice and had a wonderful time. It is as beautiful as ever, and the people are so glad to see Canadians. Many, many thanks again for the grand parcel and a happy New Year."

BARBARA GRANT,
No. 8 Can. General Hospital.



"Please convey to the members of the Alumnae my sincere thanks and appreciation for their lovely parcel. Through your kindness and that of our other Canadian friends we were able to have many extras on our table.

"Our Christmas festivities began on the Monday previous with a party for twenty needy children from town. You may be sure our boxes came in handy for this. From then on we were busy decorating and planning the Christmas entertainment for both patients and staff. New Year's was spent more quietly with a mess dinner and gathering in the evening. The Christmas season being over, we have once more settled into our normal routine."

LILLY CLEGG,
No. 2 C.C.S.

"Your lovely parcel arrived just before Christmas. Thank you ever so much. It was very kind and thoughtful of the Alumnae members to remember us over here.

"We had a very nice Christmas and New Year's. We were so busy trying to make everything pleasant for the patients and then our own dinner and dance that we had little time to be very homesick. However, there were the odd moments when we wished we could be home for the day.

"So far I have managed to see quite a bit of England and Scotland, also the Isle of Man. This country is very beautiful and flowers just grow all over the place. The little villages with their thatched cottages are exactly as you see them in pictures, and one sometimes wonders if they are real homes or just for show, but they are real homes all right.

"Thank you again for your kindness, and I hope 1943 will bring happiness and success to you all."

FLORA BROHMAN,
No. 1. Neurological Hospital.

"Will you kindly convey my sincere thanks to the members of the Alumnae for the lovely box which arrived in perfect condition. It was indeed thoughtful of you to remember us.

"We had a very happy Christmas at our small unit. Santa Claus visited each patient, and at noon they sat down to their dinner in the ballroom. Later the personnel of our unit were served by the nursing sisters and officers. At 2.20 p.m. the officers and nursing sisters had a joint dinner in our mess. We were happy to relax after our busy morning. In the evening we entertained friends and had a very jolly time.



"December 30th found us very busy again preparing for Peggy Lister's wedding. Some of you will remember Peggy. She was in the X-Ray Department at St. Michael's before joining the army. She is married to Watson Hunter, and the service took place in the little village church. A reception followed in our mess.

"We have now settled back to work, and lately our C.C.S. has been filled to capacity. This is the month for colds and influenza. Thank you once again, and may 1943 be a very happy year for you all."

BEATRICE CURTIS,
No. 2 C.C.S.

"Please convey to the members of the Alumnae our sincere thanks and grateful appreciation for their Christmas parcels.

"Life has been very different but interesting for us over here. We have had several week-ends in London but have not had a leave yet to go any farther. We have met several former associates of St. Michael's, and it is always such a treat to talk with them. Our 'News' arrived just in time for Christmas, and was a gift in itself. Again many thanks and best wishes for a happy New Year."

MARJORIE McQUARRIE and
CATHARINE McGOWAN,
No. 15 Can. General Hospital.

"I want you all to know how much I appreciated your lovely Christmas box. It was very thoughtful of you to send so many things that are difficult to obtain in this country.

"I am at No. 8 General Hospital, the same as Barbara Grant, and it is nice to meet someone from your own hospital. Capt. Jack Leddy is stationed nearby and frequently drops in to see us. It was a great day when I visited London for the first time. We went through Westminster Abbey, St. Paul's, the Tower of London, Parliament Buildings, and of course saw 'Big Ben.' We had a happy time here at Christmas, and tried to make the day pleasant for the patients. Each ward was decorated by the patients who were able to be up, and as holly is very plentiful, we used a great deal of it.

"Mother forwarded the lovely gift sent me by the Alumnae, and I wish to thank all the members for their kindness. Best wishes to all for 1943."

BETTY HERRINGER,
No. 8 Can. General Hospital.

"Our trip over was quite short and extremely pleasant. Fortunately for us we had only one alert, but it was an experience I should not like to have repeated for awhile. At all times we were dressed and had a small bag filled with chocolate, brandy, etc., handy for any emergency. We arrived the week before Christmas and were met on our arrival by Matron-in-Chief Neil, who gave us a very warm welcome.

"Our hospital is lovely, and we have lots of space around it. There is a fine tennis court, and most of us have purchased bicycles. They are much easier to buy here than in Canada. We have a good deal of time to ourselves and cycles are very handy in exploring the countryside. Last week we cycled



over to St. Albans and made a very thorough tour of the cathedral. It is magnificent and the statues and paintings are beautiful. There are many types of architecture in the building, and it is rather interesting to see Norman and Gothic standing side by side. About a quarter of a mile from the Cathedral one is able to see the ruins of the old Roman city. Parts of the walls are still standing, and a museum has been erected, filled with vessels, wall paintings, floor mosaics, etc., used in the Roman homes. The Cathedral and homes around St. Albans have for the most part been constructed of bricks from the Roman ruins.

"I attended Mass at Westminster Cathedral in London. It is massive and would make St. Michael's seem like a chapel in comparison. We also visited Westminster Abbey and St. Paul's Cathedral. Last Sunday I experienced my first air raid while in London. The sound of the siren was quite terrifying, but everyone about us seemed very calm, so we realized there was no cause for fear. We had been having dinner in Piccadilly and from there were

able to see the fire and shrapnel from anti-aircraft guns and to hear the roar of the planes. The tube stations were packed and it is very sad to see mothers with their small children prepared to spend the night underground.

"Our quarters here are very comfortable and fairly warm, but we notice the dampness and penetrating cold. Surely we will soon become acclimatized. So far we have had no regular Canadian mail and you can be sure we are anxiously awaiting its arrival."

LORRAINE LARSEN,
No. 10 Can. General Hospital.



FROM AFRICA.

"Please convey my thanks to the Alumnae for the lovely Christmas parcel. I am enjoying every bit of it and am especially revelling in the bath powder.

"I just returned from leave, which I spent in Johannesburg and Durbar. In my year here I have received two copies of the News, which was much appreciated. Did you know Mary Betts '37 is at the military hospital in Capetown? We had a short chat there in February and evidently Mary is enjoying life there too. I do hope though that the war will soon be over and I will be back again at St. Michael's. Army nursing is so different in this country that I feel sure I will have to take a refresher course on my return.

"Thank you all again, and though it is a bit late, I wish each member of the Alumnae a happy 1943."

LILLIAN MITCHELL,
Orilie Military Hospital,
Prtermaritzburg,
Natal, South Africa.

N.S. Peg Dalgleish '39 arrived in Toronto on May 19th for five days' leave after completing the maiden voyage across the Atlantic on Canada's first hospital ship, the "No. 46." Peg is full of enthusiasm for her job, and thoroughly enjoyed her few days' stay in England. She talked on the telephone to Betty Herringer and some of the other nurses, and hopes that on her next trip she will be able to see them.

CALL

Silverwood's

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The Class of '36 held a reunion at the home of Mrs. Wilfred Sedgewick (Lillian Dawson) in honour of Margaret Mary Murphy, who has joined the R.C.A.F. Among those present were Rosella Lee Harding, Marion Valiquette, Doreen Murphy, Kay Boyle, Monica Gallagher, Judy Dillon Roche. A presentation was made to Marg and letters of congratulations were read from members of the class living out of town.

Prior to her recent marriage, Mrs. Roy Weiler (Betty Belair '41) was entertained at a shower at the home of Miss Elsie Scharbach.

Mrs. Robert Jamieson (Marywinn Slipper) has moved to Ottawa and is living at 201 Breeze-hill Road.

R.N.A.O.

DISTRICT 5 held its annual meeting on February 19, 1943, in Toronto, at the Y.W.C.A. Election of officers took place as follows:

Chairman Kathleen McNamara
 Vice-Chairmen Pearl Morrison, Lillian Pettigrew
 Secretary-Treasurer Mrs. G. L. Williamson
 Conveners of Sections:
 General Nursing Mary Hughes
 Hospital and
 School of Nursing Blanche McPhedran
 Public Health Louise Tucker
 Councillors Olive Brown, Edith Hill, Ella Grant,
 Gwladwen Jones, Muriel Winter,
 and Roselle Grogan.

Speaking for the General Nursing Section, Miss Mary Hughes said that nurses had been exceptionally busy, and it had been difficult to meet all the calls. Married and retired nurses are helping to meet the shortage in the voluntary field after completion of refresher courses.

Reporting for the Hospital and School of Nursing Section, Miss Blanche McPhedran said their activities have centred around problems arising in their own group.

In the Public Health Section, Miss Lillian Pettigrew announced the organization of industrial nurses as a subsection of District 5 public health section.

Miss Gwladwen Jones reported on courses held during the year offering emergency nursing lectures and practice periods.

The membership of the district is 1,637, and \$5,146 was contributed last year to the Aid to British Nurses' Fund.



HOGAN-HOLDEN. At Littledale Chapel, St. John's, Newfoundland, Mary Holden '36 to Mr. William Hogan, on November 25, 1942.

CAMPBELL-MULCAHY. On April 29, 1943, at the Bishop's Palace, Pembroke, Ont., Mary Norine Mulcahy to Mr. William Warren Campbell, R.C.A.F.

LARSON-ZEMAN. In Toronto on January 2, 1943, Mary Zeman '42 to Mr. Gordon Larson. They are living at 192 Westminster Ave., Toronto, Ont.

WEILER-BELAIR. On April 29, 1943, in Belleville, Ont., Elizabeth Belair '41 to Mr. Roy Weiler.

ENGAGEMENTS.

Noreen Cecelia Herringer '39 to John O'Meara. The wedding will take place at her home in Battle Creek, Sask., June 17, 1943.

Matilda Cherriere '43 to Mr. L. Lantz. Marriage to take place June 12, 1943.

Martha Joan Stephen '40 to Mr. Joseph Domet. Marriage to take place in June, 1943.

Industrial Nurses Organize

THE industrial nurses of Toronto and surrounding area have organized as a sub-section of District 5, Registered Nurses' Association of Ontario. Miss Kay McAuley of the Aluminum Company of Canada is the Chairman and Miss Benita Post of Lever Brothers is Secretary.

The second meeting of this group was held in St. Michael's Hospital Nurses' Residence on April 16th. Dr. F. R. Griffin, well known in industrial circles in Toronto, was guest speaker and gave an instructive talk on "Get On the Band Wagon."

While considerable effort has been made to contact nurses known to be in industry in District 5, there are no doubt some who have not been reached. This is an invitation to any nurse now engaged in Industrial nursing to send in her name to Miss Benita Post, Lever Brothers, Telephone Gladstone 3521.

ROSELLA GROGAN.

A Student's Impression of a Hospital Laundry

Report of a Probationer's Visit to the Laundry of
St. Michael's Hospital and Conclusions Drawn,
February, 1943.

MY first impressions as I went through the laundry were the immensity of the washing, the extensive and highly mechanized procedures employed, and the efficiency and speed of every procedure.

All laundry is done in a building quite separate from the hospital. On the first floor are several huge turbines and diesel engines which provide and distribute the necessary power. On the second floor, the sorting, washing, starching and drying are done. In one corner of the room a girl was busily sorting a huge pile of dirty clothes. She puts sheets in one pile, aprons in another, and so on. The very badly soiled articles are laid aside for special attention. The nurse can help this busy girl to a great extent by removing clots of blood and loose fecal matter from articles before sending them to the laundry. Bad blood stains should be rinsed out in cold water by the nurse, though our laundry by a special process can treat these stains, even if old, with marked success.

Let us follow a sheet on its trip through the laundry. It is first put in a huge automatic cylinder washer. The water has eight changes. The first water is cold and not soapy, the second water is warm and very soapy. To it is added a solution of chlorine to disinfect the linen. The next waters are gradually raised in temperature, the eighth water being about 70 to 80 degrees Fahrenheit. By putting the sheets in clear cold water first the blood stains do not become set. A lever at the bottom of the washer controls the escape of water into a drain in the floor, and a valve at the top controls the filling of the washer and the temperature of the water. The sheet is left in the washer for about twenty minutes and is then rinsed four times—the first water hot, the second and third tepid, and the fourth cold. It is then put in an extractor which rotates at the rapid speed of 650 revolutions per minute.

These extractors are based on the principle of centrifugal force. The sheets are sucked to the side of the tub-shaped metal whirling machine and the water is sucked from them into little perforations in the side of the extractor. Smaller articles of clothing are dried by hanging them in long clothes-racks and slipping them into a long, narrow oven-like drier in which the atmosphere is hot, dry and well-ventilated. The bath-towels are put in a tumbler-shaped drier in which there is a constant movement of air. This makes them fluffy in addition to drying them.

On the third floor of the laundry is the ironing-room. Here the sheet is put through a mangle, which consists of a series of about eight large rollers over which the sheet passes, alternately going over one and under another. It is dried and ironed at the same time. We could really say the sheet is made sterile, as the temperature of the roller is 380° F. Two women feed the mangle and two women receive the sheet from it. It is then carefully folded and placed with the clean laundry. Here I learned another object lesson, "Be careful with a sheet, do not soil them through carelessness and never send unsoiled sheets to the laundry." There

is a great deal of time, labour, and work entailed in doing just one sheet. Our laundry does many hundred per week, and nurses' assistance is invaluable in cutting down the number to be laundered.

Nurses' aprons are put in compressors, and all the apron is ironed except the band and about six inches below. This part is done by hand with an ordinary electric iron. Again much patient work is necessary and we saw several women employed at this work alone. Let us be careful and not send any more aprons to the laundry than is necessary.

Babies' clothes need particular attention. They are washed ten times, rinsed eight times, and ironed by hand. They are sterile when finished.

All articles in need of mending are put aside and sent to a Sister for repair. All day long in her little repair shop at one end of the ironing-room Sister is busy mending and patching. Our help and care can put her work at a minimum.

Our hospital is in constant need of clean linen, and the workers in the laundry work at top speed all day long. Our trip to the laundry has taught each one of us an invaluable object lesson—"Let us by our help, carefulness, tidiness and goodwill keep all dirty and torn clothes at a minimum—let us be considerate of our helpers in the laundry and on the floors, as they, too, are doing an important job." We need their help, so whenever possible, give them a smile, a helping hand, lots of co-operation and due respect.

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Right—White kid five-eyelet Oxford with covered Cuban heel. Pair 8.50



Left—White elk (trade name) five-eyelet Oxford with low Cuban leather heel, spring-tipped. Pair 6.50.

Second Floor

Simpson's

Catherine MacVicar '40 has been appointed to the staff of the Swift Canadian Company, Toronto, as industrial nurse.

At the last class lecture of the Graduating Class, Miss Kay Boyle spoke to the nurses on the reasons why they should become members of their Alumnae Association.

Margaret Luckett '42 has left for Coppercliff, Ont., to join the staff of the International Nickel Hospital.



Mrs. Grant Adams (Gladys Coulter 25) was a recent visitor in Toronto from Montreal, Que.

Mrs. Thomas Newell (Mary Krane '36) of California was a recent visitor to Toronto.

Mary Alice Haughey '42 has completed the course in Surgical Supervision at the School of Nursing, University of Toronto, and has left for a visit to her home in Charlottetown, P.E.I. She will return to Toronto July 1st to join the staff of St. Michael's Hospital.

Margaret Nealon has accepted an industrial nursing position in Toronto.

Recent visitors to Martin Manor, Gravenhurst, Ont., included: Margaret Mary Murphy and Esme Murphy. While there they had a visit with Claire Cronin McAuliffe '30.

Ida MacDonald '42 has been appointed to the staff of International Nickel Hospital, Coppercliff, Ont.

Mrs. Alfred Hill (Eleanor Pond '36) and baby of Montreal, stayed for a short time in Toronto while her husband, Dr. Alfred Hill, attended a special course given in aviation.

Dr. and Mrs. Arthur Phelan (Kay Lawlor, '36) are now living at 455 Clark Ave., Westmount, Montreal, P.Q.